

Clear and Easy #13



**Molina Healthcare
24 Hour Nurse Advice Line**

(888) 275-8750

TTY: (866) 735-2929

**Molina Healthcare
Línea de TeleSalud
Disponible las 24 Horas**

(866) 648-3537

TTY: (866) 833-4703

Titles by Clear and Easy

Book 1 – Pregnancy

Book 2 – Diabetes

Book 3 – Stress and Depression

Book 4 – End Stage Renal Disease (ESRD)

Book 5 – Asthma

Book 6 – Chronic Obstructive Pulmonary
Disease (COPD)

Book 7 – Congestive Heart Failure

Book 8 – Hypertension

Book 9 – Coronary Heart Disease

Book 10 – How to Take Care of Your Sick
Family

Book 11 – Help to Quit Smoking

Book 12 – Kids and Asthma

Book 13 – Kids and Diabetes

Book 14 – How to Keep Your Family Healthy

Book 15 – Asthma and COPD

Book 16 – Hypertension and Coronary Heart
Disease

Book 17 – Postpartum: Caring for You and
Your Newborn

Do you have health questions? Call Molina Healthcare's Nurse Advice Line. Places to put our number:

- On all your home phones.
- Your cell phone. Add us to your list of contacts.
- Your purse or wallet.
- Refrigerator door.
- Bedroom nightstand.
- In your medicine cabinet.
- In easy to reach places.



NM Members:

Molina Healthcare services are funded in part under contract with the State of New Mexico.

Clear and Easy

Book 13 – Kids and Diabetes

Important Phone Numbers

Provider: _____

Provider: _____

Family: _____

Neighbor: _____

Molina Healthcare offers programs to help members stay healthy. These health and wellness programs are at no cost to you. They are part of your benefits. Programs include:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- Heart Health
- Pregnancy Support
- Stop Smoking

Molina Healthcare uses different ways to identify members for these programs. These include information from claims, pharmacy, or other health programs. You are eligible for one or more of these programs. The choice is yours.

Our providers, nurses and other staff are here to help you learn about your health. You can talk with them by phone to get answers to your questions. You can also get more information such as a newsletter or booklet. Our staff can help you stay in touch with your health care provider. They can help you understand your treatment. They can also help you if you have any problems.

You are part of one of these programs. Call us if you would like more services. Your health care provider can call us too. The number to call is **(866) 891-2320**. You can choose to be removed at any time. We look forward to helping you stay in good health.

If you need this booklet in another language, large print, Braille or audio format, please call the Member Services number on the back of your ID card.

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Introduction

Everyone needs help to stay healthy. Being healthy can sometimes take a little work. When we are healthy, we are able to do fun activities with our families and friends. Usually staying healthy means going to see a health care provider to get check-ups, eating well, and exercising. Kids with diabetes need to pay close attention to their bodies to stay healthy. It is important to talk to your health care provider about steps you can take to stay healthy.

If you have questions about your health, be sure to see your health care provider for treatment. If your school has a nurse, you can visit her too. If you don't feel well, they can help you decide what to do.



You may have a parent or other adult that helps you with your health care. It is good to talk to them about questions you might have about diabetes. They can also ask your health care provider questions about how to help you stay healthy.

What Is Diabetes?

If you have diabetes, it means your body doesn't turn food into energy in the same way other people do.

When most people eat food, the body turns that food into "glucose". Glucose is used by your body to give you energy. Glucose is also called blood sugar. The body can use glucose right away or save it in the cells for later. Kids with diabetes sometimes have trouble saving glucose for later and they have too much "sugar" in their blood or urine instead of in their cells.

The pancreas is an organ in the body that makes insulin. Insulin helps the cells in your body use glucose for energy. Kids

with diabetes sometimes don't make enough insulin or their bodies don't know how to use the insulin that they make. Some kids need to take insulin shots to help their bodies use glucose for energy. There are two types of diabetes, Type 1 and Type 2.

- Type 1 – The body does not make insulin.
- Type 2 – The body is making insulin, but not enough. The body might not use the insulin that it makes well enough.

If your body doesn't make enough insulin, you may have to take insulin shots, or take pills to help. Your health care provider will teach you how to check your blood sugar, and how to give

yourself medicine. Once you get used to taking your insulin, it is not hard to give yourself shots.

A lot of kids have diabetes and live a normal life. To do this, you need to:

- Learn about the kind of diabetes that you have.
- Make healthy food choices.
- Exercise almost every day.
- Watch your weight.
- Take the medications your health care provider gives you.

Sometimes, having diabetes can be hard. It is important to find a friend or trusted adult that you can talk to about your diabetes. This can be a parent, family member, provider, nurse or school counselor. If you are feeling down or sad

about your diabetes, this person can help you to feel better.

You may have questions about your diabetes.

Call your health care provider's office. They can answer your questions. If you don't feel well, they can give you suggestions to help you feel better. They will also ask important questions to be sure nothing else is wrong.

My Goals

You will have to check your blood sugar to make sure it is as normal as possible. Your health care provider will show you what numbers are healthy for you.

When you check your blood sugar you will find that the numbers go up and down. This is from the time of day, food you eat, how much exercise you get and if you are sick.

If you check your numbers and they are not normal, tell an adult and talk to your health care provider or call our nurse advice line. You and your health care provider should work together to set your blood sugar goals. Taking good care of yourself and your diabetes can help you feel better.

What If My Blood Sugar Is Too High?

High blood sugar can cause:

- Extreme thirst.
- Having to urinate all the time.

- Dizziness.
- Feeling sick.

If you test your blood sugar and it is too high, tell an adult right away. You may need to take some medicine.

What If My Blood Sugar Is Too Low?

Low blood sugar can cause:

- Feeling tired or weak.
- Fainting.
- Headache.
- Hunger.
- Dizziness.

If you test your blood sugar and it is too low, tell an adult right away. You need to drink some juice and eat a snack, like crackers or fruit.

What If I Don't Control My Blood Sugar?

Too much sugar in your blood for a long time can cause some problems in your body. Blood sugar that is out of control can lead to:

- Feeling very tired.
- Lowering your immune system so you can get sick more often.
- Problems with your organs like your heart.
- Trouble with your eyes.
- Problems with your nerves that can affect your hands and feet.
- Problems with your gums or teeth.

If your blood sugar is not controlled when you get older, you can have more serious problems with your kidneys, heart and feet. That is why it is important to start being healthy when you are a kid. You can avoid scary problems like these by keeping good track of your health and visiting your health care provider often.

Daily Life

When your diabetes is in control, you feel better and have more energy. Talk to your health care provider about a plan to keep you as healthy as you can be.

- Learn about a meal plan. Your health care team is here to help you. They can help you learn what to eat and how to read food labels. It is very important to talk with your family about helping you to make good food choices. The

adults in your life can help you stay healthy by making nutritious meals.

Healthy Habits

- **Eat at regular times every day.** This helps keep your blood sugar at a good level. Don't eat too much at once.
- **Make healthy food choices** such as fruits and vegetables, lean meats, beans, whole grains and low-fat or skim milk and cheese.
- **Eat fish, lean meat, chicken or turkey.** A portion is about the size of a deck of cards.
- **Eat foods that have less fat and salt.**
- **Eat foods with more fiber** like whole

grain cereals, brown breads, crackers, rice or pasta.

- **Get 30 to 60 minutes of exercise or activity** almost every day. Going for a walk is a great start. Make it fun. Other good ideas are playing tag, swimming, biking, shooting baskets and playing soccer. Take the stairs instead of the elevator.
- **Stay at a healthy weight** by watching your meals and getting more exercise.
- **Get support.** Talk to a school counselor, nurse or provider, other kids with diabetes, your church or friends and family. They can give you new ideas. You can teach them how you are staying healthy.

- **Don't stress.** Stress can raise your blood sugar levels. If you need help in school or with problems at home, talk to your school counselor.
- **Don't smoke.** Try to stay away from people who are smoking around you.
- **Take your medicines.** Take them even when you feel good. Tell your health care provider if you cannot afford your medicines or if you have any side effects.
- **Check your feet every day** for cuts, blisters, red spots and swelling. Call your health care team right away about any sores that do not go away.
- **Brush your teeth and floss every day.** See a dentist at least every six months.
- **Check your blood glucose (blood sugar).** You may want to test it one

or more times a day. Write down your blood sugar numbers. Be sure to take this record to every health care provider visit.

- **Get your eyes checked every year.**

How to Read a Food Label

The Nutrition Facts label tells you what is in the food you are eating. Look for the amount of calories and nutrients in one serving of food. This information helps you know whether you're eating a healthy diet.

- **Calories** - Watch your calories if you are trying to lose or stay at the same



weight. You can use the labels to make choices between different foods you want to eat. See which foods have fewer calories per serving. To find out how many calories you need each day, talk with your health care provider.

- Total Fat** - Total fat tells you how much fat is in a food per serving. It includes fats that are good for you like mono and polyunsaturated fats. It also includes fats that are not as good, like saturated and trans fats. Mono and polyunsaturated fats can help to protect your heart. Saturated and

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container about 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Trans Fat 3g

Cholesterol 30mg **10%**

Sodium 470mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Proteins 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

trans fat can be bad for your heart.

- **Sodium** – Sodium is another word for salt. It does not change blood sugar levels. Many people eat more salt than they need. Table salt is very high in sodium. There is also hidden salt in many foods, like cheese, crackers and salad dressings. Canned soups and other packaged foods are also high in salt. Ask the adult in your house to use more herbs and spices in his or her cooking instead of adding salt.
- **Total Carbohydrates** - Carbohydrates can raise your blood sugar. Look at the grams of total carbohydrates, not just the grams of sugar. Total carbohydrate on the label includes

sugar, complex carbohydrates and fiber. Healthy foods like milk and fruits have carbohydrates. Some food has no natural or added sugar, but has a lot of carbohydrates. You can talk to your health care provider about how many carbohydrates you should eat in a day, including healthy foods and treats.

- **Fiber** - Fiber is the part of plant foods that is not digested. Dried beans, like kidney or pinto beans, fruits, vegetables and grains are all good sources of fiber. Everyone needs fiber to be healthy, not just kids with diabetes.
- **List of Ingredients** – This list shows you things to avoid, like coconut oil or palm oil, which are very high in saturated fat. The ingredient list is

also a good place to look for healthy ingredients like olive or canola oils. Look for whole grains, like whole-wheat flour and oats.

Important Things to Track

See your health care team often. You may need to see them more often until your diabetes is in control. Talk to your provider to set your goals.

Your health care provider will want to do



some tests. These test results can help set goals. Talk to your health care provider so you understand what they mean. Some of the tests are:

- Blood Test to check your A1c– if it is over 7.0 you may need to be tested more often.
- Cholesterol.
- Triglycerides.
- Foot exam.
- Dental exam to check teeth and gums.
- Eye exam.
- Flu shot.
- Urine test to check for kidney problems.

What Happens If I Get Sick?

If you get sick, your blood sugar numbers

may change. With a little extra help, you can control your blood sugar when you are sick.

- Check your blood sugar more often if it is high.
- If you have Type 1 diabetes, your provider may want a urine test if your blood sugar is more than 300 mg/dl.
- Drink lots of fluids to prevent dehydration.
- If you can't eat solid food, you need a little carbohydrate every 3-4 hours. There are fluids that can help get some carbohydrates in your body. Call our nurse advice line or your provider.
- Limit exercise.
- Take your medicine.

- If you are vomiting, or very sleepy, have an adult call your provider or our nurse advice line.

Support

Some people with diabetes have other health problems. These can include:

- Being overweight.
- High blood pressure.
- High cholesterol.
- Kidney problems.
- Depression or feeling alone.

These problems can be hard. You may feel stressed or feel sad. It's different for every person.

It can be hard to keep up with a treatment plan. Some people don't understand

what they need to do. Family members may not agree with a treatment plan. Sometimes people worry and even get really sad. Remember you have a health care team here to help you.

How Can Family or Friends Help?

Tell your family and friends how you feel. Let them know how they can help you.

Your health care team can help you with problems or questions. Talk to your provider or school nurse. Tell your teachers at school so they know what your healthy plan is too. Finding friends your age with diabetes can help too. This booklet gives names of places where you can get help.

You may have an adult who helps you with your health care. They can:

- Help remind you to take your medicines.
- Buy and prepare healthy foods.
- Take a walk with you.
- Go to provider visits with you.

Resources

National Diabetes Education Program

(888) 693-6337

<http://ndep.nih.gov/i-have-diabetes/index.aspx>

American Association of Diabetes Educators

(800) 338-3633

http://www.diabeteseducator.org/DiabetesEducation/Patient_Resources/

American Diabetes Association

(800) 342-2383

www.diabetes.org

Academy of Nutrition and Dietetics

(800) 877-1600

<http://www.eatright.org/Public/content.aspx?id=6818>

American Heart Association

(800) 242-8721

[http://www.heart.org/HEARTORG/
Conditions/Diabetes/Diabetes
UCM_001091_SubHomePage.jsp](http://www.heart.org/HEARTORG/Conditions/Diabetes/DiabetesUCM_001091_SubHomePage.jsp)

**National Center for Chronic Disease
Prevention and Health Promotion Centers
for Disease Control and Prevention**

(800) 232-4636

TTY: (888) 232-6348

www.cdc.gov/diabetes

**National Institute of Diabetes and
Digestive and Kidney Diseases**

National Diabetes Information

Clearinghouse

Office of Communications & Public Liaison

NIDDK, NIH

(800) 860-8747

TTY: (866) 569-1162

<http://diabetes.niddk.nih.gov/>

Fun Word Search

S	U	B	Q	Q	C	Y	E	S	P	W	N	N	L	S
Z	L	L	B	Z	B	Q	U	N	E	T	R	J	R	S
T	P	O	Z	X	H	G	A	N	I	U	L	W	V	B
W	B	O	B	E	A	K	I	I	E	C	J	N	B	S
M	B	D	A	R	L	X	E	L	R	N	I	T	V	E
I	Z	J	J	Z	P	Y	K	U	T	X	O	D	S	C
D	O	O	F	J	K	J	H	S	D	D	Z	O	E	Y
E	S	I	C	R	E	X	E	N	M	O	C	Y	Z	M
F	J	N	V	E	F	C	Q	I	D	U	C	G	H	N
H	E	A	L	T	H	Y	K	D	L	B	K	T	Q	Z
A	C	B	N	E	M	O	K	G	Q	B	E	W	O	S
S	S	R	F	V	W	D	C	H	H	T	G	H	Z	R
M	P	Z	H	Z	I	J	M	N	R	V	F	M	M	I
W	Z	O	M	J	T	V	K	Y	G	W	Z	N	C	X
J	B	R	U	W	H	D	J	V	R	H	Y	Y	R	H

Find these words: (some may be diagonal or backwards)

BLOOD

SUGAR

GLUCOSE

EXERCISE

FOOD

HEALTHY

INSULIN

MEDICINE

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